

District 20 Al-Anon Newsletter

March 2022

Go to al-anonpeoria.org to see our website

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there will be a problem with alcoholism in a relative or friend.

Concept 3: The right of decision makes effective leadership possible.

SIAFG Meeting
March 12, 2022

8:30-9 is log-in so that the meeting can start promptly at 9am

Zoom ID: 837 5730 7429

Password: 271093



Mary's Musings

Service - When I first came to Al-Anon I didn't think about service and didn't want to think about it. After all, I came to meetings, chaired occasionally, and that was enough, right? A year or two into the program, a friend approached me and asked me to be the Group Rep. My initial response was "no, no, no. That's not for me." Luckily, this friend smiled and said, "Pray about it. No rush." I walked away thinking "no way." I was afraid of commitment. I was afraid of failing and I was even afraid of succeeding. But God kept nudging me. I kept thinking about Al-Anon saving my life. I felt such gratitude about the change in me. I also recognized the fear I was feeling. Was fear a reason to say no? I decided to give it a try.

What I learned from service in Al-Anon is that I can practice my program in a safe place. I can think before I act, ask for help, try new things. Every position has a guideline, yet we are guided to make the position our own. We don't have to do things exactly like the previous person. We don't have to take a position as a 24 hour a day job. We can pray about our service like we pray about our program. We can find the previous person who filled the position and ask how they did it. We may decide we want to do it a completely different way. That's OK. Al-Anon is not a rigid program. It is spiritual and forgiving.

Al-Anon has a beautiful guideline called Rotation of Service. It says a position should be held for 3 years and then rotate to another person. What a great idea! It takes the pressure off.

My journey hasn't been smooth. Of course I made mistakes. Of course I had days I regretted my decision. Of course I had misgivings. On the other hand, I found a new way to deal with my **fear and misgivings**. I had mentors that supported me. I didn't have to use old habits of blaming everyone else for my feelings. I also had many days which found me fulfilled and satisfied. I got so much more out of service than the service warranted.

This is the year that we elect people to positions to help District 20 Al-Anon continue the healthy program we now have. I invite

everyone to be open to the question of service, to be willing to pray and think about a new step in your program. Reach out and ask questions. And if someone approaches you about service, you might be like me. You might initially say, "No, no, no. Not for me." But keep listening. Your Higher Power may be nudging you. A step into service gives more than it takes. Thank you so much for allowing me to be the District Rep for the last few years. With some headaches and stutters, I am growing each day. Love you all.

Your trusted servant,
Mary P
District rep

Area Meeting:

March 12, 2022
8:30-9: Log in
9am-2pm: meeting
Zoom ID: 837 5730 7429
Passcode: 271093

District 20 Meeting:

June 5, 2022
1-3pm
Location TBD